



International Counseling Service

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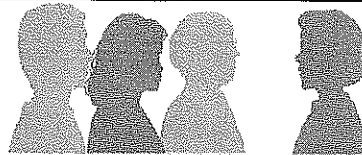
Eating Disorders

Anorexia Nervosa:

- A. **Refusal to maintain body weight at or above a minimally normal weight for age and height** (e.g., weight loss leading to maintenance of body weight less than 85% of that expected)
 - B. **Intense fear of gaining weight or becoming fat**, even though underweight
 - C. **Disturbance in the way in which one's body weight or shape is experienced**, undue influence of body shape on self-evaluation, or denial of the seriousness of the current low body weight
 - D. **In post-menarcheal females, amenorrhea**, i.e., the absence of at least three consecutive menstrual cycles.
- **Restricting Type:** during the current episode of AN, the person has not regularly engaged in binge-eating or purging behavior (that is, self-induced vomiting, or the misuse of laxatives, diuretics or enemas). Weight loss is accomplished primarily through dieting, fasting, or excessive exercise.
 - **Binge-Eating Type or Purging Type:** during the current episode of AN, the person has regularly engaged in binge-eating OR purging behavior.

Bulimia Nervosa:

- A. **Recurrent episodes of binge eating.** An episode of binge eating is characterized by both of the following:
 - Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and circumstances
 - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating)
 - B. **Recurrent inappropriate compensatory behavior in order to prevent weight gain**, such as self-induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise.
 - C. **The binge eating and inappropriate compensatory behaviors both occur**, on average, at least twice a week for 3 months.
 - D. **Self-evaluation is unduly influenced by body shape and weight.**
 - E. **The disturbance does not occur exclusively during episodes of Anorexia Nervosa**
- **Purging Type:** during the current episode of BN, the person has regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas.
 - **Non-purging Type:** during the current episode of BN, the person has used other inappropriate compensatory behaviors, such as fasting or excessive exercise, but has not purged.



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Binge Eating Disorder/ EDNOS diagnosis (Eating Disorder Not Otherwise Specified):

A. Recurrent episodes of binge eating. An episode is characterized by:

1. Eating a larger amount of food than normal during a short period of time (within any two hour period)
2. Lack of control over eating during the binge episode (i.e. the feeling that one cannot stop eating).

B. Binge eating episodes are associated with three or more of the following:

1. Eating until feeling uncomfortably full
2. Eating large amounts of food when not physically hungry
3. Eating much more rapidly than normal
4. Solitary eating due to embarrassment

C. Marked distress regarding binge eating is present

D. Binge eating occurs, on average, at least 2 days a week for six months

E. The binge eating is not associated with the regular use of inappropriate compensatory behavior (i.e. purging, excessive exercise, etc.) and does not occur exclusively during the course of BN or AN.

Identification of Eating Disorders:

Suspicious Behavior	Psychological Warning Signs	Social Warning Signs
<ul style="list-style-type: none"> • Dieting, excess intake of low-fat or "healthy" foods • Counting calories and fat grams • Vegetarianism, fasting • Obsessive rumination about food • Skipping meals or refusing to eat • Avoiding food in social situations • Complaining of food allergies • Wearing oversized clothing • Exercising excessively and/or in a solitary manner • Exercising while ill or injured • Overhearing purging • Hiding/hoarding food 	<ul style="list-style-type: none"> • Perfectionism • Competitiveness • Over-responsibility • Emotional distress • Criticism of self and others • Mood swings • Complaining of "feeling fat" • Inability to express emotions • "Black-and-white" thinking 	<ul style="list-style-type: none"> • Isolation or withdrawal from friends • Avoidance of social or recreational activities • Other students voicing concern